

W. PETER NORDLAND, D.M.D., INC.
PERIODONTAL PLASTIC SURGERY
MICROSURGERY
REGENERATIVE AND RECONSTRUCTIVE SURGERY
IMPLANT SURGERY
850 PROSPECT STREET, LA JOLLA, CALIFORNIA 92037
TELEPHONE (858) 459-7374

POST-OPERATIVE INSTRUCTIONS FOR ROOT PLANING

1. Do not eat as long as your mouth is anesthetized (numb) however you can sip a cool beverage during this time.
2. Take Aspirin, Acetaminophen (Tylenol) or Ibuprofen (Advil) shortly after your appointment. The medications should be in your bloodstream while your mouth is "waking up".
3. Rinse your mouth with warm salt water (one teaspoon per ½ cup water). This can be done several times in the next few days.
4. Please be careful eating certain foods for the next few days such as popcorn, crusty bread, tortilla chips and small seeds. Good choices are pasta, cottage cheese, eggs and steamed vegetables.
5. Your teeth may be more sensitive to heat, cold and pressure temporarily. This is normal and expected.
6. **Do not smoke.**
7. Brush and floss gently the first day. The success of this procedure depends largely on your ability to keep plaque away from the teeth and gums.
8. If you have any unusual bleeding, swelling or discomfort, please call our office at [\(858\) 459-7374](tel:8584597374) during business hours or [\(858\) 459-7384](tel:8584597384) after business hours.